

# [ Arts, Crafts & Hobbies ]

## Introduction to Glass Fusion

Learn basic glass fusion concepts. Explore the exciting design possibilities of glass fusing, cutting, grinding and fixing. **Material fee \$35.**

**0/001 Dates:** Fri, Feb 5 & Sat, Feb 6

**0/002 Dates:** Fri, Mar 26 & Sat, Mar 27

**0/003 Dates:** Fri, Apr 30 & Sat, May 1

**0/004 Dates:** Fri, July 30 & Sat, July 31

**Times:** Fri, 5:30 - 8 pm,

Sat, 8 - 10:30 am

**Instr:** Rachel Salvagione

**Fee:** \$79

**Place:** Dilworth MS

## NEW! Recycled Telephone Wire Basket

Make a bright, washable, sturdy wire basket from recycled telephone wire. These baskets were originally made in South Africa, called imbenge in the native language. They come in a myriad of colors in intricate, mesmerizing designs. **Material fee \$10.** Please see the photo on the website.

**0/005 Dates:** Sat, Feb 13 & 20

**0/006 Dates:** Sat, June 19 & 26

**Time:** 8 am - noon

**Instr:** Rachel Salvagione

**Fee:** \$79

**Place:** Dilworth MS

## Exploring Bead Making - An Introduction

Work glass with a hot head torch making shapes, designs, adding copper, glass powders and "pixie dust." Bring sunglasses to protect your eyes. **Material fee \$35.**

**0/007 Date:** Fri, Feb 19

**Time:** 5:30 - 8:30 pm

**Instr:** Rachel Salvagione

**Fee:** \$69

**Place:** Dilworth MS

## Fused Glass Jewelry

*(Prerequisite - Intro to Glass Fusion from Rachel Salvagione)*

You see them in trendy galleries. Now come and create your own unique glass jewelry. You will learn the basics of glass fusion and slumping and will create one of a kind pendants, earrings, hair clips or pins. **Material fee \$40.**

**0/008 Dates/Times:** Fri, Feb 26, 5:30 - 8 pm

& Sat, Feb 27, 8 - 10:30 am

**Instr:** Rachel Salvagione

**Fee:** \$79

**Place:** Dilworth MS

## Double Fusion, Decorative Glass

*(Prerequisite - Intro to Glass Fusion from Rachel Salvagione)*

Working on a small scale, you will fuse and slump colorful glass to create a 6" tile, plate or candy dish. **Material fee \$40.**

**0/009 Dates:** Fri, Mar 5 & Sat, Mar 6

**0/010 Dates:** Fri, May 28 & Sat, May 29

**Times:** Fri, 5:30-8 pm, Sat, 8-10:30 am

**Instr:** Rachel Salvagione

**Fee:** \$79

**Place:** Dilworth MS

## Advanced Glass Fusion

*(Prerequisite - Intro to Glass Fusion from Rachel Salvagione)*

Learn more advanced ways to use sheet glass, frit, confetti and other non-sheet glass products. **Material fee \$50.**

**0/011 Dates/Times:** Fri, May 7, 5:30 - 8 pm

& Sat, May 8, 8 -10:30 am

**Instr:** Rachel Salvagione

**Fee:** \$79

**Place:** Dilworth MS

## Open Studio Glass Fusion

*(Prerequisite - 2 glass fusion classes from Rachel Salvagione)*

This is open studio time to work on your projects. Come with all your ideas! **Material fee \$50.**

**0/012 Dates:** Fri, Jan 29 & Sat, Jan 30

**0/013 Dates:** Fri, Aug 27 & Sat, Aug 28

**Times:** Fri, 5:30-8 pm, Sat, 8 - 10:30 am

**Instr:** Rachel Salvagione

**Fee:** \$79

**Place:** Dilworth MS

## Recycled Glass Fusion

*(Prerequisite - Intro to Glass Fusion from Rachel Salvagione)*

Make a plate or bowl using recycled glass. You will also incorporate painting, metals and "pixie" dust to add character to your piece. **Material fee \$35.**

**0/014 Dates/Times:** Fri, June 11, 5:30 - 8 pm

& Sat, June 12, 8 - 10:30 am

**Instr:** Rachel Salvagione

**Fee:** \$79

**Place:** Dilworth MS

## GLASS FUSION WORKSHOPS at Dilworth Middle School with Rachel Salvagione

*(Prerequisite - Intro to Glass Fusion from Rachel Salvagione)*

The instructor will notify students of all the special projects she has planned for each week-long workshop. **The fee for the workshop is \$290 and there is a \$100 material fee.**

### Glass Fusion Workshop - April

**0/015 Dates/Times:** Sat, Apr 10, 8 am - 2 pm,

Mon - Fri, Apr 12 - 16, 5:30 - 8:30 pm,

Sat, Apr 17, 8 am - 2 pm

### Glass Fusion Workshop - July

**0/016 Dates/Times:** Sat, July 10, 8 am - 2 pm,

Mon - Fri, July 12 - 16, 5:30 - 8:30 pm,

Sat, July 17, 8 am - 2 pm

### Glass Fusion Workshop - August

**0/017 Dates/Times:** Sat, Aug 7, 8 am - 2 pm,

Mon - Fri, Aug 9 - 13, 5:30 - 8:30 pm,

Sat, Aug 14, 8 am - 2 pm

## Stained Glass - An Introduction

The Tiffany style of copper foiling is used to create a square finished piece. Learn the techniques of glass cutting, foiling and soldering. All materials and equipment are provided. **Material fee \$40.**

**0/018 Dates:** Sat, Feb 20 & 27

**Time:** 12 - 4:30 pm

**Instr:** Carole Hutchison

**Fee:** \$79

**Place:** Dilworth MS

## Stained Glass - Advanced

*(Prerequisite - Carole Hutchison's Intro to Stained Glass class)*

Learn how to use a pattern, advanced glass cutting, grinding, glass saw, and construction of larger pieces. We will create a panel from three different patterns. Materials and equipment are provided. **Material fee \$40.**

**0/019 Dates:** Sat, May 1 & 8

**Time:** 12 - 4:30 pm

**Instr:** Carole Hutchison

**Fee:** \$79

**Place:** Dilworth MS

# [ Arts, Crafts & Hobbies ]

## Bob Ross Oil Painting – Landscapes

As seen on the PBS Joy of Painting program, the Bob Ross wet-on-wet oil painting method is easy to learn, even for beginners. This technique leads you step by step into the wonderful world of art. Each student must bring a 16" x 20" Fredrix red label canvas no thicker than 3/4". (No palette boards.) Please bring paper towels and baby wipes if you have them and an old shirt or apron to wear during class. **Material fee \$35.**

**0/020 Date:** Sat, Jan 23

**0/021 Date:** Sat, Apr 24

**Time:** 1 - 4:30 pm

**Instr:** Shawna Burkhart

**Fee:** \$69

**Place:** Dilworth MS

## Bob Ross Oil Painting – Seascapes

Learn how to paint seascapes in just one class. Each student must bring a 16" x 20" Fredrix red label canvas no thicker than 3/4". (No palette boards.) Please bring paper towels and baby wipes if you have them and an old shirt or apron to wear during class. **Material fee \$35.**

**0/022 Date:** Sat, Feb 20

**Time:** 1 - 4:30 pm

**Instr:** Shawna Burkhart

**Fee:** \$69

**Place:** Dilworth MS

## Bob Ross Oil Painting – Florals

Learn how to paint flowers and complete an entire painting in just one class. Each student must bring a 16" x 20" Fredrix red label canvas no thicker than 3/4". (No palette boards.) Please bring paper towels and baby wipes if you have them and an old shirt or apron to wear during class. **Material fee \$40.**

**0/023 Date:** Sat, Mar 20

**Time:** 1 - 4:30 pm

**Instr:** Shawna Burkhart

**Fee:** \$69

**Place:** Dilworth MS

## Bob Ross Oil Painting - Wildlife

After tracing an 18" x 24" animal pattern to the canvas, you will first use acrylic paints to underpaint all of the highlights, shadows, eyes, facial features, and fur or feathers. Then you will start to overpaint using oil paints adding the final colors, highlights and the background

until the picture is a completed masterpiece. With only a few basic techniques and a little practice you can put your animal friends and wild creatures on canvas. Join us as we explore the wonder, excitement and challenge of Bob Ross Wildlife painting. Each student must bring an 18" x 24" Fredrix red label canvas no thicker than 3/4". (No palette boards.) Please bring paper towels, baby wipes, small bar soap, misting bottle, small bowl or container for water, garbage bag and an old shirt or apron to wear during class. **Material fee \$45.**

**0/024 Date:** Sat, May 22

**Time:** Noon - 4:30 pm

**Instr:** Shawna Burkhart

**Fee:** \$79

**Place:** Dilworth MS

## Watercolor – Winter Whites

In this three-week watercolor class, you will paint white flowers, snow-covered trees and lace while learning a variety of watercolor techniques. No white paint allowed! You will learn various ways of saving the white of the paper. Perfect for beginners or experienced painters. **Please ask for materials list when registering.**

**0/025 Dates:** Thurs, Feb 18, 25, Mar 4

**Time:** 6 - 9 pm

**Instr:** Jan Foss

**Fee:** \$79

**Place:** Damonte Ranch HS

## Watercolor – Spring Flowers

In this three-week watercolor class, you will learn to paint daffodils, pansies and iris, working in a different style each week. Learn lots of tricks and techniques that are unique to watercolor as well as composition, color and value. Perfect for beginners or experienced painters.

**Ask for materials list when registering.**

**0/026 Dates:** Weds, Mar 24, 31, Apr 7

**Time:** 6 - 9 pm

**Instr:** Jan Foss

**Fee:** \$79

**Place:** Damonte Ranch HS

## Pottery on the Wheel

In this class, learn the basics of ceramics – pinch, slab and coil techniques – and “how to throw” on the pottery wheel. You will also experiment with various glazing and firing methods. Please wear close-toed shoes. **Material fee \$50.**

**0/027 Dates:** Tues, Feb 2, 9, 16, 23

**0/028 Dates:** Tues, Mar 9, 16, 23, 30

**Time:** 5:30 - 7:30 pm

**Instr:** Lauren Gandolfo

**Fee:** \$99

**Place:** Reno HS, Industrial Arts Bldg

## Elegant Beaded Necklace

This classic design is easy to learn using the two needle method. It adjusts well so you can use a variety of beads. Use crystals for an elegant necklace or use glass beads for a more casual piece. No prior beading experience needed. See a photo of the necklace on the website. Please bring scissors. All materials are provided. **Material fee \$25.**

**0/029 Dates:** Tues, Mar 2 and Wed, Mar 3

**Time:** 5:30 - 8:30 pm

**Instr:** Diane Coffey

**Fee:** \$36

**Place:** Dilworth MS

## Crochet for Beginners

Are “Do It Yourself” books confusing? Do you wish someone would show you that stitch or how to keep your project straight? Crochet for beginners will teach you how to start a project, read basic patterns, the chain stitch, single and double crochet, the difference between stitch and space, and finishing techniques. You will complete several projects and learn lessons you can’t get from a book. **Please ask for materials list when registering.** Bring plain yarn, medium weight 4. NO dark colors or fancy yarns - soft, hair, string threaded, ribbon, eyelash, etc.

**0/030 Dates:** Thurs, Mar 4, 11, 18, 25

**Time:** 6:30 - 8:30 pm

**Instr:** Davel Foote

**Fee:** \$49

**Place:** Dilworth MS

## Crochet Intermediate

**(Prerequisite: Crochet for Beginners or Instructor Approval)**

In this continuation class students will learn how to increase and decrease stitches. Students will be making a Heartstring Bag and the instructor will help you with other projects of your own choosing. **Please ask for materials list when registering.**

**0/031 Dates:** Thurs, Apr 1, 8, (no class Apr 15), 22, 29

**Time:** 6:30 - 8:30 pm

**Instr:** Davel Foote

**Fee:** \$49

**Place:** Dilworth MS

# [ Arts, Crafts & Hobbies ]

## Crochet Stars 'n' Stripes

*(Prerequisite - Intermediate Crochet or Instructor Approval)*

Ready to show your red, white and blue? Join this seasonal class with projects specially chosen for the patriotic holidays. We will be making patriotic placemats and napkin rings. **Ask for materials list when registering.**

**0/032** **Dates:** Tues & Thurs, May 4, 6, 11, 13  
**Time:** 6:30 - 8:30 pm  
**Place:** Dilworth MS  
**Instr:** Davel Foote  
**Fee:** \$49

## Photographic Portraiture

In this informative two-evening introductory workshop on portraiture, you will learn about light sources, equipment, composition and presentation along with seeing in a different way, interviewing your subject, color, mood and purpose. The second evening will be about camera lenses, corrective and flattering lighting and posing your subject.

**0/033** **Dates:** Tues, Apr 20 & 27  
**Time:** 6:30 - 9 pm  
**Instr:** Ed Bonner  
**Fee:** \$45  
**Place:** Dilworth MS

## Knitting: A Purl of a Class

In this five-week class you will learn knitting basics - how to cast on, knit, purl and cast off and practice these skills on simple projects. Also covered are types of needles and yarns, reading yarn labels and patterns, garment sizing, other stitches - garter, stockinette, ribbing, knitting in the round and gifts to knit. **Ask for material list when registering.**

**0/034** **Dates:** Weds, Mar 3, 10, 17, 24, 31  
**0/035** **Dates:** Weds, May 5, 12, 19, 26, June 2  
**Time:** 6 - 8 pm  
**Instr:** Jean Peters  
**Fee:** \$59 for 5 weeks  
**Place:** Mendive MS

## Encaustics - Painting with Beeswax

Encaustics is the process of melting and fusing beeswax with pigment. This small class is for beginning, intermediate and advanced encaustics students. It will cover the history, tools, supplies, substrates, fusing techniques, carving, molding, modeling and collage. For a sneak peek Google "encaustics" to see how artists are using this incredible medium. **Material fee \$30.**

**0/036** **Date:** Sat, May 15  
**Time:** Noon - 3 pm  
**Instr:** Carole Dance  
**Fee:** \$59  
**Place:** Dilworth MS

## Porcelain Painting

Learn the art of painting on porcelain from Rena Solis who has 35 years of experience in this art form and owned a porcelain painting supply shop. During this 6-week class you will complete several pieces. You will learn how to trace a design on porcelain, pen the lines and paint using different brush stroke techniques. The instructor will be firing your pieces between classes. All materials are provided. **Material fee \$45.**

**0/037** **Dates:** Tues, Mar 16, 23, 30, Apr 6, (no class Apr 13), 20, 27  
**Time:** 6 - 9 pm  
**Instr:** Rena Solis  
**Fee:** \$125  
**Place:** Dilworth MS

## Spark YOUR Creativity With VSA Arts!

Affordable VSA arts workshops and camps for children and adults are offered at TWO locations:  
**Lake Mansion, 250 Court St. at Arlington in Reno or at Alf Sorensen Community Center, 1400 Baring Blvd. in Sparks.**

**FOR CHILDREN, up to age 14, at both locations, there are painting, create with clay, printing, collage, drawing, fun with fabric, Mommy/Daddy and Me art and acting classes. Nurture a love for art and strengthen your child's creative process!**

**FOR ADULTS, age 15+, at the Lake Mansion there are drawing, portrait drawing and painting, feng shui art creation principles, ceramics, Plein Air oil painting, watercolors, pastels and glass fusion classes.**

**MARK YOUR CALENDAR: Youth Art Month Exhibit during the month of March and Festival on March 20 from 11 am - 3 pm at the Lake Mansion. Free admission, arts workshops, tours of the mansion and exhibits of work from VSA arts of Nevada's programs in Washoe County School District classrooms.**

**Have an adult or child art birthday party in the "ART HAPPENS HERE" studio at the Lake Mansion. Choose from visual art, creative movement or theater.**

**RENT A MANSION! The Lake Mansion and adjacent enclosed and temperature controlled Garden Pavilion provides a unique historic venue for all kinds of special events for up to 150 guests. You can hire your own caterer or bring in your own food and beverages making the mansion a very affordable venue. Check [www.vsanevada.org](http://www.vsanevada.org) for rates.**

**For class and workshop details, Lake Mansion rental rates and party studio information, please visit VSA art of Nevada's website, [www.vsanevada.org](http://www.vsanevada.org) or call 826-6100, ext. 3.**

  
**VSA arts**  
 of Nevada  
 at the Lake Mansion





# [ Special Interest ]

## Basic Auto Maintenance for Women

Does my car really need muffler bearings? Get the feeling that you're being treated less than fairly when you take your car into a repair shop? Or that you may be taken advantage of because you don't know much about your car? This class will give you a basic understanding of your vehicle, its major components, maintenance schedule, and details on how to be better prepared to deal with dealers, mechanics, and repair shops. We'll meet in the classroom for two evenings then get dirty working on your car on Saturday at C&C Automotive Specialties in Sparks. *\* Be sure to bring your owner's manual to the class.*

- 0/038 Dates/Times:** Tues, Mar 16 & 23, 6 - 8:30 pm, Sat, Mar 23, 9 - noon\*  
**Place:** Reno HS or Wooster or Reno or Damonte
- 0/039 Dates/Times:** Thurs, Mar 25 & Apr 1, 6 - 8:30 pm, Sat, Apr 3, 9 - noon\*  
**Place:** Dilworth MS  
**Instrs:** Darrell Little & David Capurro  
**Fee:** \$79

\* Saturday's class is at C&C Automotive Specialties, 1645 Crane Way, Sparks, 89431

## 2010: The Year to Make Choices & Get What You Want Out of Life

Have you put off making necessary changes in areas of your life, such as relationships, finances, health, career and finding personal time? Doing nothing could be one reason why you're not getting what you want. Join us in this workshop using Emotional Freedom Techniques (EFT) to clear blocks toward achieving your desires. Create a vision board to attract exactly what you desire and finalize your dream with visualization tools for manifesting your creations. Pat Holland Conner, MA, will facilitate this workshop. Pat has a master's degree in counseling and educational psychology from UNR. She is the owner of Peaceful Path Consulting, Inc., and is licensed in family therapy and substance abuse counseling. Please bring a sack lunch and drink.

- 0/040 Date:** Sat, Jan 23  
**Time:** 9:30 am - 1:30 pm  
**Instr:** Pat Holland Conner, MA, EFT Practitioner  
**Fee:** \$49  
**Place:** Dilworth MS

## Make 2010 Your Year to be Organized!

Are you sick and tired of all the clutter in your life? Do you need to get organized someday, but someday never comes? Get a head start in 2010 by learning practical tips to implement into your life. Learn how to de-clutter, organize and maximize your space today!

- 0/041 Date:** Thurs, Jan 28  
**Time:** 6:30 - 8 pm  
**Instr:** Judy Ozment  
**Fee:** \$39  
**Place:** Wooster HS

## Writing & Publishing Your 1st Book (or 7th)

Bobbie Christensen, California author of more than ten published books including award-winners and best-sellers, will show you how to develop and complete your manuscript in just six weeks by following her 10-step plan. Create a page-turner whether writing fiction or non-fiction, cookbook or textbook. Learn how to submit your work to a publisher or self-publish. Examine the differences between the two methods and the effect your choice has on your time, money and percentage of the profits you get to keep. Includes forms, contracts and samples. Plus learn about PODs, ebooks, etc. *Material fee \$15.*

- 0/042 Date:** Wed, Feb 24  
**Time:** 5:30 - 9:30 pm  
**Instr:** Bobbie Christensen  
**Fee:** \$49  
**Place:** Dilworth MS

## Building Your Financial Portfolio on \$25 a Month (or less)

Join California authors and retired bankers Bobbie and Eric Christensen for an information packed seminar on how to invest in safe, secure investments that are historically proven and will even gain during a recession. Plus what is happening in our economy and stock market today and how to use this information to improve your own finances. They will explain: what your broker will never tell you; how to bypass your broker and keep the profit for yourself; how to find safe and secure investments; what the current economy means to your wallet and what you can do about it. The Christensens are not stock brokers or financial managers but are investors just like you who have used this practical method themselves for nearly 30 years. *There is an optional book available at class for \$15.*

- 0/043 Date:** Thurs, Feb 25  
**Time:** 6 - 9 pm  
**Instr:** Bobbie & Eric Christensen  
**Fee:** \$49  
**Place:** Dilworth MS

## Yes, You Can Market Yourself!

Trying to find a job? Want to take more control over the hiring process? Then, this is THE course for you! Yes, you can market yourself effectively! There is more to landing that job than filling-out applications or sending out resumes. The instructor, Gloria Barrere, is an employment counselor, image consultant and small business owner who has been on both sides of the employment hiring table. She can help you prove that you are THE right person for that job. This course includes reviewing your resume, exploring your employment possibilities, learning how-to do interview preparation, as well as, doing actual practice interviews and acquiring info on interview follow-up. *Please bring your resume. (Limited to 10 students.)*

- 0/044 Date:** Sat, Feb 27  
**Time:** 9 am - noon (break for lunch) 1 - 4 pm  
**Instr:** Gloria Barrere  
**Fee:** \$69  
**Place:** Dilworth MS

## Aging, With and Without Dementia

Longevity is terrific, provided we maintain adequate mental and physical health. Dr. Steven Rubin, MD, specialist in clinical and outpatient geriatric and adult psychiatry, will address the mixed blessings of aging and its cognitive consequences. Nutrition, medication and psychosocial challenges that affect seniors as well as caregivers will be discussed during this pragmatic and enjoyable class. *Handouts will be provided and the book, Autumn Leaves: Aging, With and Without Dementia, is available for \$20 (optional).*

- 0/045 Dates:** Tues, Feb 16 & 23  
**Time:** 6:30 - 8:30 pm  
**Place:** The Seasons, 5165 Summit Ridge Ct, Reno, 89523 (Located next to Home Depot on W. McCarran at I-80)
- 0/046 Dates:** Tues, Apr 20 & 27  
**Time:** 6:30 - 8:30 pm  
**Place:** Reno HS  
**Instr:** Steven Rubin, MD  
**Fee:** \$46

# [ Special Interest ]

## Individual Income Tax

Learn the basics of preparing an individual tax return. Get a better understanding of the qualifications of a dependent, when to take educational, medical and other deductions, calculating taxes due and information on avoiding audits. This course will help you prepare your taxes either manually or with a computer.

**0/047** **Date:** Tues, Feb 3  
**Time:** 6:30 - 9 pm  
**Instr:** Ed Bonner  
**Fee:** \$39  
**Place:** Wooster HS

## Business Income Tax

This workshop is aimed at the "little" businessperson. Topics that will be covered include: is it a business or a hobby; sole proprietor, partnership or LLC; is your business sales, service or manufacturing; expenses – amortization vs. depreciation; bookkeeping; and what kinds of forms do you need to file. Learn how to evaluate inventory, figure the cost of goods sold and much more.

**0/048** **Date:** Tues, Feb 17  
**Time:** 6:30 - 9 pm  
**Instr:** Ed Bonner  
**Fee:** \$39  
**Place:** Wooster HS

## Blues Guitar for Beginners

The Blues is a foundation for most modern American music – jazz, rock and, of course, rhythm and blues. It's an American treasure and you will be surprised at how easy it is to learn. You will be playing a basic blues rhythm by the end of the first lesson. You need to bring an acoustical guitar. No prior musical background is required. During these eight weeks of classes, you will develop an understanding of general guitar and blues rhythm and lead techniques. **Material fee \$5.**

**0/049** **Dates:** Tues, Feb 9, 16, 23, Mar 2, 9, 16, 23, 30  
**Time:** 7 - 8 pm  
**Instr:** Jerry Goodrich  
**Fee:** \$89  
**Place:** Dilworth MS

## Growing Incredible Vegetables & Herbs

This is a class for beginner gardeners. Learn all about seed starting, selecting the best herbs and vegetables to grow in our climate, and how to harvest and store them. Growth require-

ments, organic gardening, container gardens and popular herb uses will be discussed.

**0/050** **Date:** Tues, Mar 30  
**Time:** 6:30 - 8:30 pm  
**Instr:** Michelle Deetken, PhD  
**Fee:** \$29  
**Place:** Mendive MS

## Straight Talk About Portfolio Planning

Are you concerned what affects the 2009 market had on your portfolio? Will the pending tax increases affect your short and long term goals? Your portfolio goes far beyond the buying and selling of investments. In fact, investment selection can help you save taxes and preserve principal. Join us to discuss variable annuities, tax free bonds and mutual funds and their role in your portfolio. The instructor is Kathy DiCenso, Certified Financial Planner™. Securities offered through LPL Financial, Member FINRA/SIPC.

**0/051** **Dates:** Thurs, Feb 18, 25, Mar 4  
**Time:** 6 - 8 pm  
**Instr:** Kathy DiCenso  
**Fee:** \$99  
**Place:** Damonte Ranch HS

## Power Speaking & Self Empowerment

This special and unique public speaking class is for the FAINT OF HEART. Learn to stand-up and get your point across in a succinct and clear manner. Learn to quickly organize your thoughts, channel nervousness and deliver a powerfully effective speech be it 30 seconds or 30 minutes. Taught by leading "self-empowerment specialist," Joseph Giampapa, M.A., this class will teach you the importance of such things as: visual implants, scotomas, triggers, assimilation, paradigm shifting and much more. Change your thinking and you change your life. For more information, go to [www.josephgiampapa.com](http://www.josephgiampapa.com)

**0/052** **Dates:** Tues, Feb 23, Mar 2, 9, 16, 23, 30  
**Time:** 6:30 - 8 pm  
**Instr:** Joseph Giampapa  
**Fee:** \$120 for 6 weeks  
**Place:** Wooster HS

## Beginning Fly Fishing

This half-day, beginning fly fishing class covers the casting stroke and techniques, equipment selection, knot tying, flies and their retrieves, fighting and landing trout and in-depth information on fly fishing local waters. **Bring a lawn chair, hat, sunglasses and water. All equipment (rods, reels and lines) is provided. The class is limited to a small number of students to allow for personalized instruction. Children over age 11 are welcome with a parent. Equipment usage fee is \$35.**

**0/053** **Date:** Sun, Apr 25  
**0/054** **Date:** Sun, May 2  
**Time:** 8:30 am - 12:30 pm  
**Instr:** Chris Wharton  
**Fee:** \$50  
**Place:** Hidden Valley Regional Park

## Let's Jump Off a Cliff! (Practical Steps for Facing Your Fears)

This course focuses on highly practical steps for facing your fears and worst case scenarios. Learn simple strategies to help you face those fears and keep your personal and professional goals in the forefront. Hear and practice goal-focused words and habits. And, learn how to earn critical goal support from friends, associates and loved ones.

**0/055** **Date:** Wed, Feb 24  
**Time:** 6:30 - 9 pm  
**Instr:** Regina Lockwood  
**Fee:** \$32  
**Place:** Swope MS

## Who Do You Think You're Talking To?

Learn how to pick up on verbal and non-verbal communication clues to help you determine personality types and "love languages." You will learn to tailor both professional and personal communication to get better results, including improved presentations, enhanced interactions with co-workers and more effective communication with children and loved ones.

**0/056** **Date:** Wed, Mar 10  
**Time:** 6:30 - 9 pm  
**Instr:** Regina Lockwood  
**Fee:** \$32  
**Place:** Swope MS

### ARE YOU 65 OR OLDER?

If so, you get a 15% discount on Community Ed classes.

Please call our office at 353-5781 BEFORE registering for classes to receive this special discount.

# [ Special Interest ]

## Write Your Own Will

You can write your own simple will and have a legal document that can save your family lots of heartache and a few dollars. This practicing attorney will help you avoid common pitfalls. "Power of Attorney for Health Care Decisions" and "Directive to Physicians" will be included. *Come with paper, pencil and all your questions on wills, probate, power of attorney and directive to physicians.*

**0/057 Date:** Wed, Feb 24

**Time:** 7 - 8:30 pm

**Place:** Swope MS

**0/058 Date:** Tues, Apr 27

**Time:** 7 - 8:30 pm

**Place:** Mendive MS

**Instr:** Barbara Gruenewald,  
Attorney at Law

**Fee:** \$39

## The Seven Basic Principles of Xeriscape

Learn the secrets of creating a successful water-wise garden. Save water and money and still have a beautiful yard. Rachel Hart is a landscape architect. In this course, she will cover the Seven Basic Principles of Xeriscape – the plan, soil improvement, turf areas, appropriate plants, mulch, irrigation and maintenance.

**0/059 Date:** Wed, Feb 3

**Time:** 6:30 - 8 pm

**Instr:** Rachel Hart

**Fee:** \$39

**Place:** Swope MS

## Landscape Design Workshop

Learn the process of creating a functional and beautiful outdoor space from site analysis to final plant selection from Rachel Hart, landscape architect. This four-week workshop will help you generate ideas and increase your creativity with regard to your landscape. Week one – overview of landscape design, site analysis, design goals and considerations. Week two – creating a base map. Week three – layout plan, hardscape and softscape, common mistakes to avoid. Week four – plant selection, zones, seasonal color, safety.

**0/060 Date:** Weds, Mar 3, 10,  
(no class Mar 17), 24, 31

**Time:** 6:30 - 8 pm

**Instr:** Rachel Hart

**Fee:** \$95

**Place:** Damonte HS

## Frugally Fabulous Wedding Receptions

Plan a "self catered" wedding reception with the help of experienced consultant Gail Early. Class will cover every aspect of planning your event and will include detailed instructions to help you select recipes, determine food quantities, time lines for food prep, and too much more to list here. Fantastic recipes modified for large servings are also provided. Go to [www.frugfab.com](http://www.frugfab.com) for more detail. *Material fee \$14.95 for the book. Enrolled student may bring one person with them to class at no additional charge.*

**0/061 Dates:** Weds, Mar 17, 24, 31

**Time:** 6 - 8:30 pm

**Place:** Reno HS

**0/062 Dates:** Weds, May 5, 12, 19

**Time:** 6 - 8:30 pm

**Place:** Wooster HS

**Instr:** Gail Early

**Fee:** \$59

## The Basics of Selling on eBay

In this two-evening class, you will learn how to use eBay as a sales channel. Topics covered are: how to open an eBay account, listing items for sale, creating titles, descriptions and photographs, accepting online payments and monitoring sales. The instructor, Brad Yuill, has been eBay certified and is an eBay Power-Seller. *Material fee \$13 for the manual.*

**0/063 Dates:** Weds, Feb 17 & 24

**Time:** 6:30 - 9 pm

**Place:** Damonte Ranch HS

**0/064 Dates:** Tues, Mar 23 & 30

**Time:** 6:30 - 9 pm

**Place:** Dilworth MS

**Instr:** Brad Yuill

**Fee:** \$79

## World Religions – An Overview

Has the question of what similarities and differences major world religions have piqued your curiosity? This class is designed to give the instructor's perspective of what those differences and similarities are. Buddhism, Islam, Judaism and Christianity will be overviewed. Class is a discussion format, and students are asked to bring an open mind.

**0/065 Dates:** Tues, Mar 16, 23, 30, Apr 6

**Time:** 6:30 - 8:30 pm

**Instr:** Ingrid Fulton, PhD

**Fee:** \$49

**Place:** Dilworth MS

## Taking the Mystery Out of Mysticism

Mysticism is deeply rooted in the Ancient Wisdom teachings from both the East and West. History has carried Mystic philosophy forward into the modern age where it is flourishing again. Mysticism is nearly universal and unites most religions in the quest for divinity. If you have ever wondered about ancient mysticism and how it relates to modern science and religion, this class is a good introduction. Class is a discussion format, and students are asked to bring an open mind.

**0/066 Dates:** Tues, Apr 20, 27, May 4

**Time:** 6:30 - 8:30 pm

**Instr:** Ingrid Fulton, PhD

**Fee:** \$38

**Place:** Dilworth MS

## The Power of 12

KNOWING is power! Learn more about yourself mentally, physically, emotionally and spiritually. It doesn't matter where you are on your journey – just starting out or charting your own path. This key class will empower your authentic self. Using a different profiling technique each week, you will really get to know yourself. Good, bad, ugly – you will walk away balanced and beautiful. *Bring a notebook/journal and pen.*

**0/067 Dates:** Sats, Feb 6, 13, 20, 27

**Time:** 9:30 - 11:30 am

**Instr:** Ann Lysight

**Fee:** \$59 for 4 weeks

**Place:** 218 California St, #214, Reno

## Are You Playing With a Full Deck? Playing Card Interpretation

What do the 52 cards in a playing deck mean? Are they for your playing pleasure and for enlightenment? Are there 52 pieces of symbolic information in a deck? Come and find out what your cards reveal and "see" what information is at your fingertips. Ann Lysight has been reading cards for many years and she will share her easy, effective, fun, informative, simple method of interpreting playing cards. Card interpretation can be a big tool for personal growth. *Please bring an old or new deck of playing cards to class.*

**0/068 Dates:** Sats, Apr 17 & 24

**Time:** 9:30 - 11 am

**Instr:** Ann Lysight

**Fee:** \$39

**Place:** 218 California St, #214, Reno



# [ Special Interest ]

## Introduction to the Geology of Northern Nevada

This four-week class will briefly examine plate tectonics and its effect on Nevada's basin and range topography. You'll learn about ancient Lake Lahontan and Pyramid Lake and the Sierra Nevada and Carson ranges. We will discuss geologic hazards, geothermal, volcanic and earthquake activity in the Reno area. As a class we will decide on a voluntary Saturday field trip and possible destination.

**0/069** **Dates:** Tues, Mar 16, 23, 30, Apr 6  
**Time:** 6:30 - 8:30 pm  
**Instr:** Doris Weber  
**Fee:** \$79  
**Place:** Wooster HS

## The Naturally Healthy Dog

Learn the benefits of the many different canine diets – from raw to kibble – and tips on boosting your dog's health through all stages of life. Supplements, exercise and new veterinary practices will be discussed. Michelle Deetken is a nutritionist who has researched and worked with veterinarians on canine health and alternative remedies.

**0/070** **Date:** Wed, Mar 24  
**Time:** 6:30 - 8:30 pm  
**Instr:** Michelle Deetken, PhD  
**Fee:** \$29  
**Place:** Dilworth MS

## K-9 Obedience Course

This five-week program focuses on basic dog obedience. We will address poor behavior issues including jumping, garbage picking, chewing on furniture or personal belongings, pulling on the leash and ignoring owner's commands. At the end of the course, your pet will be better mannered, healing properly while on walks, ignoring other dogs and distractions and will be more patient and show respect. The instructor, Kurt Hoss, has been a certified dog trainer for more than 23 years and a member of the American Hunting Dog Club for more than 20 years. Equipment needed – leash and appropriate size choke chain for your dog.

**0/071** **Dates:** Weds, Mar 24, 31, Apr 7, 14, 21  
**Time:** 6:30 - 7:30 pm  
**Instr:** Kurt Hoss  
**Fee:** \$89  
**Place:** Location to be determined

## Introduction to Fly Casting on the Truckee River

This is a half-day fly casting class for adults. Meet at the Truckee River and learn about equipment selection, knot tying, flies and reading water. Students will meet the instructor at the ACE Hardware in Truckee, CA. Please bring lunch and drinks. All equipment is provided.

**Equipment usage fee is \$20.**

**0/072** **Date:** Sat, May 8  
**0/073** **Date:** Sat, May 15  
**Time:** 9 am - 1:30 pm  
**Instr:** Matt Koles  
**Fee:** \$50 (maximum of 8 students)  
**Place:** Truckee River in Truckee, CA

## Women's Empowerment Drumming – Find Your Rhythm

Before the drum was created in Africa, women created rhythm while they worked to pass the time more joyfully. Experience the joy of drumming and acknowledge your primordial rhythmic roots. Liz Broscoe of Drumchik Productions, ([www.drumchik.com](http://www.drumchik.com)) will teach the fundamental techniques of West African djembe and dunnun drums, while presenting the history and culture behind the original meaning and purpose of drumming. **Women ages 13 years and up welcome. Djembe and dunnun drums will be provided.**

**0/074** **Date:** Sat, Apr 24  
**Time:** 1:30 - 4 pm  
**Instr:** Liz Broscoe  
**Fee:** \$36  
**Place:** Dilworth MS

## Magnificent Makeovers I – Select the Right Clothing Colors for You!

Would you like to look radiant instead of pale? Feel exuberant instead of just okay? Wearing the right colors for you can make all the difference. Looking terrific means that your natural coloring is enhanced. Bring a small notebook for class notes and color samples. Everyone in the class will be "trying on" a variety of colors and learning about warm and cool colors, basic palettes and your personal dominant color season. The first evening, wear a color you may not be too sure of. The second evening, wear your favorite color or "ego" color.

**0/075** **Dates:** Thurs, Mar 4 & 11  
**Time:** 6:30 - 8:30 pm  
**Instr:** Jeannine Boettcher  
**Fee:** \$49  
**Place:** Reno HS

## Magnificent Makeovers II – Dress Yourself Thin

Are you wearing clothes that enhance your body shape and silhouette? In this class you will identify your unique silhouette and learn about garment lines, scale, proportion, texture and color. Bring a small notebook that will fit in your purse for class notes, sketches and samples. We will be discussing the do's and don'ts for specific figure problems, hemlines, pant length and jacket length. And, dressing for your personality. **Wear a favorite garment or outfit each evening.**

**0/076** **Dates:** Thurs, Mar 18 & 25  
**Time:** 6:30 - 8:30 pm  
**Instr:** Jeannine Boettcher  
**Fee:** \$49  
**Place:** Reno HS

## Pants & Skirts That Fit – Finally!

In this class you will learn how to fit your own patterns so you can make pants and skirts that fit. The first night, we will be doing measurements and determining figure type. Then you can trim and pin your patterns at home. Night two is learning how to fit patterns to yourself and making alterations. Night three is the second fitting. Then you can sew your garment at home. Night four is the final fitting and fashion show. **Please ask for supply list when registering.**

**0/077** **Date:** Thurs, Apr 22, 29, May 6, 13  
**Time:** 6:30 - 8:30 pm  
**Instr:** Jeannine Boettcher  
**Fee:** \$79  
**Place:** Reno HS

## How to Teach a Class for Community Education

Do you have a special talent or skill that you could teach to others? This FREE course gives you the chance to explore teaching possibilities with WCSD Community Education. Learn about course descriptions, preparing your lessons, determine materials needed, handouts, class fees and other details. Discuss your ideas and get feedback from others in the class. **Please call Community Education at 353-5780 to register for this class.**

**0/078** **Date:** Wed, Apr 28  
**Time:** 6:30 - 8:30 pm  
**Instr:** Debbie Melahn  
**Fee:** FREE  
**Place:** Dilworth MS

# [ Computers & Digital Photography ]

## THURSDAY AFTERNOON COMPUTER CLASSES AT WOOSTER HIGH SCHOOL

### Computer Basics – Hardware, Software, Internet, Email and More

This two-part class is for those who are brand new to, or intimidated by computers. Learn a bit of the computer lingo (monitor, processor, hard drive, RAM, hardware, operating system, software) and get lots of practice using the computer. Explore the world of Windows. Type a short letter on the keyboard using a word processing program. Draw a simple picture with the mouse using an art program. Make using computers FUN! **Material fee \$5.**

**0/079 Dates:** Thurs, Jan 21 & 28

**Time:** 3 - 6 pm

**Instr:** Jean Gage

**Fee:** \$89

**Place:** Wooster HS, Room A-12

### Digital Camera Basics

This two-part course is a basic introduction to using your digital camera. You will begin by learning the camera's features, including Flash, Macro, Zoom, Menus, Modes and Scenes and discuss selecting, using and caring for memory cards and batteries. Use Windows Explorer to see your camera's photos, transfer images from your camera to your computer or USB Flash Drive and burn CDs to backup photos. Also learn how to make your photos into a computer slide show and add your photos to a Word document or email them to friends and family. **Material fee \$5.**

**0/080 Dates:** Thurs, Feb 4 & 11

**Time:** 3 - 6 pm

**Instr:** Jean Gage

**Fee:** \$89

**Place:** Wooster HS, Room A-12

### Word 2003 Basics

In this two-part course, learn word processing terminology and the Word screen components. Use the Toolbar and shortcut menus. Cut, copy and paste text. Set margins and tabs. Change your font and add bold, italic and underline. Spell check your work, preview the document and print it. Save your file and open another. Create envelopes, and use bullets for adding emphasis to lists. **Material fee \$5.**

**0/081 Dates:** Thurs, Feb 18 & 25

**Time:** 3 - 6 pm

**Instr:** Jean Gage

**Fee:** \$89

**Place:** Wooster HS, Room A-12

### Excel 2003 Basics

In this two-part course, learn spreadsheet terminology and the Excel screen components. Use the Excel Toolbar and shortcuts. Build a spreadsheet, enter and modify data, save and print it. Create formulas such as totals, minimums, maximums, averages. Enhance your spreadsheets with fonts, bold, italic and more. Spell check. Work with multiple workbooks at the same time. **Material fee \$5.**

**0/082 Dates:** Thurs, Mar 25 & Apr 1

**Time:** 3 - 6 pm

**Instr:** Jean Gage

**Fee:** \$89

**Place:** Wooster HS, Room A-12

### Word 2003 Intermediate

*(Word Basics, or instructor approval, is a prerequisite)*

This two-part course covers formatting techniques including headers/footers, borders, special symbols and Tables. Save time by using Styles, alphabetize lists by sorting, and type outlines with automatic numbering. Learn Mail Merge (form letters, mailing labels, envelopes and database management). **Material fee \$5.**

**0/083 Dates:** Thurs, Apr 29 & May 6

**Time:** 3 - 6 pm

**Instr:** Jean Gage

**Fee:** \$89

**Place:** Wooster HS, Room A-12

### Excel 2003 Intermediate

*(Excel Basics, or instructor approval, is a prerequisite)*

This two-part course will cover more formatting techniques including conditional formatting and styles. Learn how to customize your Toolbar and practical ways to work with large spreadsheets such as Data Outlines, freezing panes, and splitting the window. Link the data from one sheet to another and one workbook to another and explore Excel functions including PAYMENT, IF for automatic testing, INTEGER, and TODAY or NOW to date stamp your work. Learn the basics of creating charts to graphically display numbers and easily sort and filter your data lists. **Material fee \$5.**

**0/084 Dates:** Thurs, May 13 & 20

**Time:** 3 - 6 pm

**Instr:** Jean Gage

**Fee:** \$89

**Place:** Wooster HS, Room A-12

### Excel 2003 Advanced

*(Excel Basics and Intermediate, or instructor approval, is a prerequisite)*

This two-part workshop gives practical examples of linking cells, sheets and books. Consolidate monthly data into a QTD or YTD sheet. Get lots of practice using formulas and functions: DATE to calculate ages, due dates, length of employment, etc; percentage calculations; IF functions to let the computer perform tests; VLOOKUP to fill in variables from a table. Advanced work with graphics including 2 scales on the Y-axis and 3-dimensional charts. Work with the Drawing Toolbar to enhance your spreadsheet. Go beyond AutoFilter and manage your data lists using Sub-Totals and Pivot Tables. Explore the potential of automating Excel using macros. **Material fee is \$5.**

**0/085 Dates:** Thurs, May 27 & June 3

**Time:** 3 - 6 pm

**Instr:** Jean Gage

**Fee:** \$89

**Place:** Wooster HS, Room A-12

## EVENING COMPUTER CLASSES AT DILWORTH MIDDLE SCHOOL

### Very Basic Intro to Personal Computers

This class is for people who have never used a computer. You will learn about the Windows environment, maintaining your computer, basic terminology, installing software, basic file management, and opening, saving and printing documents. You will get advice on what to look for when purchasing a computer.

**0/086 Dates:** Tues, Feb 16, Weds, Feb 17,

Mon, Feb 22, Weds, Feb 24

**Time:** 6 - 7:30 pm

**Instr:** Deanna Snell

**Fee:** \$89

**Place:** Dilworth MS

### Basic Intro to Computers

This course is designed for people who already use computers but are not comfortable with them. You will learn about backing up files, basic program commands, computer terminology and basic computer skills.



# [ Computers & Digital Photography ]

**0/087** **Dates:** Mons & Weds, Mar 1, 3, 8, 10  
**Time:** 6 - 7:30 pm  
**Instr:** Deanna Snell  
**Fee:** \$89  
**Place:** Dilworth MS

## Exploring Microsoft Windows

Is Windows a mystery to you? Come learn basic Window's functions and terminology in a fun and relaxed environment. Create desktop shortcuts, change your desktop image, learn file management and customize your Windows environment to suit you. Understanding Windows will make working with your computer easy and more fun!

**0/088** **Dates:** Mons & Weds, Mar 15, 17, 22, 24  
**Time:** 6 - 7:30 pm  
**Instr:** Deanna Snell  
**Fee:** \$89  
**Place:** Dilworth MS

## Beginning Word

Do you want your correspondence to look first class? Do you want to improve your job skills? Do you want to take advantage of all the things your word processing software can do? This class is for you if you want to become better at formatting, creating documents, cutting, copying, and pasting. You will be using Word to learn these skills, which are used in all major word processing programs.

**0/089** **Dates:** Mons & Weds, Mar 29, 31, Apr 5, 7  
**Time:** 6 - 7:30 pm  
**Instr:** Deanna Snell  
**Fee:** \$89  
**Place:** Dilworth MS

## Beginning Excel

Learn how to create Microsoft Office Excel workbooks, how to enter and edit text and numbers, how to add and delete columns and rows, create formulas such as totals and averages. Then save the data and print it.

**0/090** **Dates:** Mons & Weds, Apr 19, 21, 26, 28  
**Time:** 6 - 7:30 pm  
**Instr:** Deanna Snell  
**Fee:** \$89  
**Place:** Dilworth MS

## COMPUTER CLASSES AT UNR'S REDFIELD CAMPUS

WCSD and the University of Nevada's Office of Extended Studies are offering computer courses at the Redfield Campus, 18600 Wedge Parkway, Reno, off the Mount Rose Highway. For course descriptions or to register, go to [www.extendedstudies.unr.edu](http://www.extendedstudies.unr.edu) or call 784-4046.

### Using a Digital Camera

**Dates/Time:** Sats, Jan 23 & 30, 9 am - noon  
**Dates/Time:** Sats, July 10 & 17, 9 am - noon  
**Fee:** \$79

### Using a Digital SLR Camera (with changeable lenses)

**Dates/Time:** Sats, Feb 20 & 27, 9 am - noon  
**Dates/Time:** Sats, Aug 21 & 28, 9 am - noon  
**Fee:** \$79

### Photoshop® Elements 7.0 Basics

**Dates/Time:** Sats, Mar 13 & 20, 9 am - noon  
**Dates/Time:** Mons, Apr 19 & 26, 6 - 9 pm  
**Dates/Time:** Mons, July 19 & 26, 6 - 9 pm  
**Fee:** \$79

### Using a Digital SLR Camera - Adv.

**Dates/Time:** Sats, May 1 & 8, 9 am - noon  
**Fee:** \$79

### Photoshop® Elements 7.0 - Adv.

**Dates/Time:** Sats, May 15 & 22, 9 am - noon  
**Fee:** \$79

## ADOBE® CREATIVE SUITE for PROS

### Photoshop® Basics

**Dates:** Tues, Weds, Thurs, Jan 26, 27, 28, Feb 2, 3, 4  
**Dates:** Tues, Weds, Thurs, Apr 6, 7, 8, 13, 14, 15  
**Dates:** Tues, Weds, Thurs, Aug 10, 11, 12, 17, 18, 19  
**Time:** 6 - 9 pm  
**Fee:** \$349

### Illustrator® Basics

**Dates:** Tues, Weds, Thurs, Feb 23, 24, 25, Mar 2, 3, 4  
**Time:** 6 - 9 pm  
**Fee:** \$349

### InDesign® Basics

**Dates:** Tues, Wed, Thurs, Mar 9, 10, 11, 16, 17, 18  
**Time:** 6 - 9 pm  
**Fee:** \$349

### Dreamweaver® Basics

**Dates:** Tues, Wed, Thurs, Apr 27, 28, 29  
**Time:** 6 - 9 pm  
**Fee:** \$299

### Photoshop® Advanced

*(Prerequisite – Knowledge of Photoshop® CS4)*  
**Dates:** Tues, Weds, Thurs, May 11, 12, 13, 18, 19, 20  
**Time:** 6 - 9 pm  
**Fee:** \$349

## MICROSOFT OFFICE 2007® COURSES

### Upgrading to Microsoft Office® 2007

**Dates:** Mon, Jan 11 OR Fri, May 7  
**Time:** 8:30 am - 3:30 pm  
**Fee:** \$100

### Word 2007 Basics

**Dates:** Tues, Jan 19 OR Fri, Feb 19 OR Fri, May 21  
**Time:** 8:30 am - 3:30 pm  
**Fee:** \$100

### Word 2007 Intermediate

**Date:** Tues, Mar 2  
**Time:** 8:30 am - 3:30 pm  
**Fee:** \$100

### Word 2007 Advanced

**Date:** Tues, Mar 30  
**Time:** 8:30 am - 3:30 pm  
**Fee:** \$100

### Excel 2007 Basics

**Dates:** Wed, Jan 13 OR Tues, Feb 16 OR Fri, May 14  
**Time:** 8:30 am - 3:30 pm  
**Fee:** \$100

### Excel 2007 Intermediate

**Date:** Fri, Feb 26  
**Time:** 8:30 am - 3:30 pm  
**Fee:** \$100

### Excel 2007 Advanced

**Date:** Fri, Mar 5  
**Time:** 8:30 am - 3:30 pm  
**Fee:** \$100

### Power Point 2007 Basics

**Dates:** Wed, Jan 20 OR Thurs, Apr 8  
**Time:** 8:30 am - 3:30 pm  
**Fee:** \$100

### Access 2007 Basics

**Dates:** Tues & Fri, Jan, 26, 29  
**Time:** 8:30 am - 3:30 pm  
**Fee:** \$200

### Access 2007 Intermediate

**Dates:** Tues & Fri, Feb 9 & 12  
**Time:** 8:30 am - 3:30 pm  
**Fee:** \$200

### Outlook 2007 Basics

**Date:** Fri, Apr 9  
**Time:** 8:30 am - 3:30 pm  
**Fee:** \$100



# [ World Travel / Language & Culture ]

## THE GALAPAGOS ISLANDS & ECUADOR

**10 Days from \$4,225\* USD incl. airfare & yacht**  
**Departure date: March 9, 2010**



Enjoy the sightseeing and spectacular views in Quito, then board your cruise yacht for an unforgettable excursion through the many Galápagos islands, which offer some of the best wildlife viewing in the world. There is limited access to the Galapagos every year and this tour is for 18 people so sign up soon. There are optional extensions of this trip that include Peru and Machu Picchu.

## A WALKING TOUR OF ITALY'S AMALFI COAST

**10 Days from \$3,660\* USD incl. roundtrip airfare**  
**Departure date: July 8, 2010**



Experience the beauty that surrounds the Amalfi coast; from small villages to long stretches of beaches, no other location can offer the perfect balance between history and nature at its best than the Amalfi coastline.

**THESE ARE PHYSICALLY DEMANDING WALKING TOURS.** For a detailed itinerary, contact Community Education at 353-5780 or Renee Andrini at 851-3083 or send an email to [travelfromreno@gmail.com](mailto:travelfromreno@gmail.com).

### BACK BY POPULAR DEMAND – COSTA RICA DURING SPRING BREAK IN APRIL 2011

If you are planning ahead and want more information about this trip to Costa Rica, please [email travelfromreno@gmail.com](mailto:emailtravelfromreno@gmail.com).

### Beginning Spanish for Fun & Travel

Aren't there times when you wish you could speak Spanish? Our teacher has traveled extensively in Spanish speaking countries and has the skills to teach in a fun, relaxed environment. You will learn basic conversation and vocabulary. There is an optional 5th night at a restaurant to practice what you have learned.

**0/091 Dates:** Mons, Apr 19, 26, May 3, 10  
**Time:** 6:30 - 8 pm  
**Instr:** Renee Andrini  
**Fee:** \$69 for 4 weeks  
**Place:** Damonte Ranch HS

### French for the Traveler

Is a trip to France in your future? Do you wish to learn common expressions of courtesy and vocabulary for lodging, sightseeing and food? This class will give you a basic knowledge of French, and will review airport vocabulary, greetings and salutations, hotel lingo, currency terms and more! This class is designed for beginning students.

**0/092 Dates:** Mons, Feb 22, Mar 1, 8, 15, 22, 29  
**Time:** 6:30 - 7:30 pm  
**Instr:** Donna Manca  
**Fee:** \$89 for 6 weeks  
**Place:** Reno HS, Room N-12

### Italian for the Traveler

Are you hoping to travel to Italy? Do you wish to learn common expressions of courtesy

and vocabulary for lodging, sightseeing and food? This class will give you a rudimentary knowledge of Italian, and will review airport vocabulary, greetings and salutations, hotel lingo, currency terms and more! This class is designed for beginning students.

**0/093 Dates:** Thurs, Feb 25, Mar 4, 11, 18, 25, Apr 1  
**Time:** 6:30 - 7:30 pm  
**Instr:** Donna Manca  
**Fee:** \$89 for 6 weeks  
**Place:** Reno HS, Room N-12

### Tagalog for Beginners

In this course for beginners you will learn common Tagalog terms and correct pronunciation of vowels and consonants for salutations and greetings as well as useful phrases for basic communication while traveling. You will also get an introduction to grammar, verb conjugation and sentence structure. **Please bring a notebook and pen. Material fee \$5.**

**0/094 Dates:** Tues, Feb 2, 9, 16, 23, Mar 2, 9, 16, 23  
**Time:** 7 - 8 pm  
**Instr:** Carmen Baleme  
**Fee:** \$99 for 8 weeks  
**Place:** Dilworth ?? Mendive ??

### American Sign Language for Conversation

Everyday communication is vital for socialization, cooperation and education. This course is designed to be an informative, casual, fun opportunity to learn the basics of American

Sign Language. Learning to communicate with the deaf community will open up new worlds for you and for others! **Material fee \$5.**

**0/095 Dates:** Weds, Feb 10, 17, 24, Mar 3, 10, 17, 24, 31  
**Time:** 6 - 7:30 pm  
**Instr:** Kirsten McPartland  
**Fee:** \$136 for 8 weeks  
**Place:** Mendive MS

### Beginning Japanese I

Experience Japan without ever leaving Reno! This is the perfect class for the beginner who wants an introduction to Japanese language and culture. You will learn to order oishi food in a restaurant, travel on the Shinkansen and bow like a native.

**0/096 Dates:** Thurs, Feb 4, 11, 18, 25, Mar 4, 11  
**Time:** 6:30 - 7:30 pm  
**Instr:** George Goodwin  
**Fee:** \$89 for 6 weeks  
**Place:** Clayton MS

### Beginning Japanese II

A continuation of Beginning Japanese I.

**0/097 Dates:** Thurs, Mar 25, Apr 1, 8, (no class Apr 15), 22, 29, May 6  
**Time:** 6:30 - 7:30 pm  
**Instr:** George Goodwin  
**Fee:** \$89 for 6 weeks  
**Place:** Clayton MS

# [ Culinary Arts / Fun, Fitness & Health ]

## For Sushi Lovers Only!

This class is for those of you who love eating Sushi and would like to learn how to make these specialties yourself. The menu for this class is top secret! You will receive a copy of both the menu and the recipes in class. You can be sure that Caroline Kimmel, our experienced instructor, will teach you how to make the very best Sushi! Green tea will be served. Bring \$18 to class for food supplies. (No cancellations or refunds for Sushi classes.) **Ask for materials list when registering.**

**0/098** **Date:** Wed, Mar 3  
**Time:** 6:30 - 9 pm  
**Instr:** Caroline Kimmel  
**Fee:** \$29  
**Place:** McQueen HS

## Vietnamese Cooking

Take your taste buds on this tour around Vietnam with our native chef. Traditional recipes from the north, central and southern regions will be taught. From the north comes the ever-popular beef or pork noodle soup. Ho Chi Minh residents love lemon grass beef on noodles with citrus sauce and fresh shrimp rolls with peanut sauce. To end this exciting meal, try jasmine tapioca with mango. Bring \$18 to class for food supplies. **Please ask for materials list when registering.**

**0/099** **Date:** Wed, Apr 7  
**Time:** 6:30 - 9 pm  
**Instr:** Caroline Kimmel  
**Fee:** \$29  
**Place:** Wooster HS

## Living Food Nutrition

It's about your health, it's about nutrition, it's about time! Join this class and learn about "living food nutrition." Living or raw food is food that has not been tampered with by cooking or preservatives. Linda Clark is a Living Food Nutritionist, chef, coach and trainer. Her class is a meal and an education. It's all about the living enzymes! In four classes she will prepare a variety of recipes and focus on breakfast, lunch, dinner and dessert. And you will learn about improving your health through good nutrition. This is not a "di-et." This is a "live-it" way of choosing, preparing and eating live food. Material fee of \$85 is payable directly to the instructor on the first night of class and covers the cost of all fresh food for all four classes and a recipe book and research material.

**Bring "to go" containers to take home what you can't finish eating in class. Limited to 10 students.**

**0/100** **Dates:** Tues, Mar 9, 16, 23, 30  
**Time:** 6 - 8 pm  
**Instr:** Linda Clark  
**Fee:** \$59  
**Place:** Billingshurst MS

## Living Food Nutrition – The Next Level

For those of you who know about Living Food Nutrition or have taken one of Linda Clark's classes, this series will take you to the next level. In these three classes she will prepare a variety of new recipes and focus on breakfast, lunch, dinner and dessert. Material fee of \$75 is payable directly to the instructor on the first night of class and covers the cost of all fresh food for all three classes and the recipes. **Bring "to go" containers to take home what you can't finish eating in class. Limited to 10 students.**

**0/101** **Dates:** Tues, Apr 6, (no class Apr 13), 20, 27  
**Time:** 6 - 8 pm  
**Instr:** Linda Clark  
**Fee:** \$46  
**Place:** Billingshurst MS

## Make & Take Nutritional Food for Home & Travel

The first night is an introduction to "living food nutrition" and holiday meals and gift ideas. The second night is info on choosing, preparing and eating live food and putting together meal plans and recipes. Dinner is served both nights. **Bring containers and jars to take food home. Material fee of \$60 is payable directly to the instructor on the first night of class and covers the cost of all fresh food for both classes. There is a recipe book available for \$15. For more details, go to [www.therawvegannetwork.com/LindaClark](http://www.therawvegannetwork.com/LindaClark) or email her at [levlin123@yahoo.com](mailto:levlin123@yahoo.com). Class is limited to 10 students.**

**0/102** **Dates:** Tues, May 18 & 25  
**Time:** 6 - 8 pm  
**Instr:** Linda Clark  
**Fee:** \$49  
**Place:** Billingshurst MS

## T'ai Chi

Although there are many forms of T'ai Chi, Christy Heinrich will be facilitating the First Set of T'ai Chi Chuan, Yang Style, Long Form in a comfortable environment. T'ai Chi is a slow, non-impacting exercise for the whole body, mind and spirit. Limited to 10 students.

**0/103** **Dates:** Mons & Weds, Jan 25, 27, Feb 1, 3, 8, 10, (no class Feb 15), 17, 22  
**0/104** **Dates:** Mons & Weds, Feb 24, Mar 1, 3, 8, 10, 15, 17, 22  
**0/105** **Dates:** Mons & Weds, Mar 24, 29, 31, Apr 5, 7, (no classes Apr 12, 14), 19, 21, 26  
**0/106** **Dates:** Mons & Weds, Apr 28, May 3, 5, 10, 12, 17, 19, 24  
**Time:** 6 - 7 pm  
**Instr:** Christy Heinrich  
**Fee:** \$59 for 8 classes  
**Place:** Reed HS

## Healthy Eating & Weight Loss for You & Your Family

You will explore your individual eating habits and those of your family and then determine what behaviors are barriers to good eating habits and weight control. The instructor, Marjorie Franzen-Weiss is a Certified Health Education Specialist (CHES) and will help you with healthy eating, weight management, meal planning for families on the go and portion sizes.

**0/107** **Dates:** Tues, Jan 26 & Feb 2  
**Time:** 6:30 - 8 pm  
**Instr:** Marjorie Franzen-Weiss, MPH, CHES  
**Fee:** \$49  
**Place:** Swope MS

## Self Massage for Pain Relief

For about the cost of a one-hour massage learn how to create relief from minor aches and pains. During this four-week class, basic massage techniques will be introduced. You will also learn when not to use self massage. Debra Rilea is a Nevada Licensed Massage Therapist, co-director of Ralston School of Massage and has been teaching massage techniques since 1993. Discover how common household items can be used as massage tools and explore some popular massage products. This course is made for the non-professional. **Wear comfortable clothing that allows easy movement. Must be at least 18 years old to participate.**



# [ Fun, Fitness & Health ]

**0/108** **Date:** Weds, Mar 10, 17, 24, 31  
**Time:** 6:30 - 8 pm  
**Instr:** Debra Rilea, NVMT  
**Fee:** \$69  
**Place:** Mendive MS

## Brain Health

Learn how to protect your brain through simple healthy lifestyle changes you can make now to keep your brain healthy and sharp. The importance of whole foods, good fats and exercise for the mind and body will be emphasized, along with easy tips on how to incorporate them into your daily life. Michelle Deetken has her Ph.D. in Holistic Nutrition and is dedicated to helping people build healthful nutritional living practices.

**0/109** **Date:** Wed, Apr 21  
**Time:** 6:30 - 8:30 pm  
**Instr:** Michelle Deetken, PhD  
**Fee:** \$29  
**Place:** Swope MS

## Yoga I at Damonte Ranch HS

Have you always wanted to start Yoga but find the classes or gym intimidating or overwhelming? Then these classes, taught over a six-week period, will be a wonderful opportunity to do something great for your mind and body. Taught by a Certified Yoga Instructor, Lindsay Chapman focuses on the principles, philosophy, movements, breathing and relaxation techniques of yoga. The course is suited for the absolute beginner or the yoga student with some experience. *Please bring a yoga mat and wear clothing that is easy to move in. Yoga straps are highly recommended. Call 353-5780 prior to registering if you have any special physical limitations or conditions.*

**0/110** **Dates:** Tues, Jan 19, 26, Feb 2, 9, 16, 23  
**0/111** **Dates:** Tues, Mar 2, 9, 16, 23, 30, Apr 6  
**0/112** **Dates:** Tues, Apr 20, 27, May 4, 11, 18, 25  
**Time:** 5:30 - 6:30 pm  
**Instr:** Lindsay Chapman  
**Fee:** \$79 for 6 weeks  
**Place:** Damonte Ranch HS

## Yoga 2 at Damonte Ranch HS

This class is designed for the student familiar with basic yoga techniques. Prepare to link asanas (poses) together with the breath for a

heat-building vinyasa practice. Stand tall with confidence as we gain understanding of correct spinal alignment and draw from movements that assist our posture. Find inner steadiness through the miracle workings of balances that develop single-minded focus. Combined with various breathing techniques that energize, detoxify, and release the stresses of the mind, this class will boost your understanding and enjoyment of a yoga practice. *Please bring a yoga mat and wear clothing that is easy to move in. Yoga straps are highly recommended. Call 353-5780 prior to registering if you have any special physical limitations or conditions.*

**0/113** **Dates:** Tues, Jan 19, 26, Feb 2, 9, 16, 23  
**0/114** **Dates:** Tues, Mar 2, 9, 16, 23, 30, Apr 6  
**0/115** **Dates:** Tues, Apr 20, 27, May 4, 11, 18, 25  
**Time:** 6:45 - 7:45 pm  
**Instr:** Lindsay Chapman  
**Fee:** \$79 for 6 weeks  
**Place:** Damonte Ranch HS

## Hoop Dance 1 – Beginners

Remember how much fun hula-hooping was as a kid? In this incredibly fun class, lead by a certified Hoop Dance Instructor, learn the fundamentals of hooping on the waist while moving in all directions. Explore transitions on and off the body, change planes of hoop rotations and add flair with tricks. Increase body awareness and coordination through techniques designed to create cardiovascular endurance, strengthening and flexibility. Hoop Dance relieves stress and promotes laughter through playful exercise. *Hoops may be rented for \$15 for the 6-week session or if you would like to purchase a specially made hoop, they will be available for \$35.*

**0/116** **Dates:** Thurs, Jan 21, 28, Feb 4, 11, 18, 25  
**0/117** **Dates:** Thurs, Apr 22, 29, May 6, 13, 20, 27  
**Time:** 6 - 7:15 pm  
**Instr:** Lindsay Chapman  
**Fee:** \$79 for 6 weeks  
**Place:** Beck ES

## Hoop Dance 2 – Beginners

*(Prerequisite – Hoop Dance 1)*

Continue to develop Hoop Dancing skills in this 6-week course. Reverse directions of the hoop while moving to improve coordination

on the non-dominate side of the body. Learn hoop angles to build strong core muscles and a healthy spine. Find the feeling of flow as we integrate skills into our dance with seamless transitions.

**0/118** **Dates:** Thurs, Mar 4, 11, 18, 25, Apr 1, 8  
**Time:** 6 - 7:15 pm  
**Instr:** Lindsay Chapman  
**Fee:** \$79 for 6 weeks  
**Place:** Beck ES

## Hoop Dance – Intermediate *(Prerequisite – Beginning Hoop Dance experience)*

In this Intermediate Hoop Dance class, become dynamic with the introduction of hooping around the chest and thighs. Free your stance continually inside and outside the hoop with breaks and stops. Learn the art of sequencing for self-expression in a supportive environment. Build connection with other hoopers as we learn how to pass the hoop from one dancer to the next. Add tosses while dancing and other challenging moves to stimulate the senses and induce smiles.

**0/119** **Dates:** Thurs, Jan 21, 28, Feb 4, 11, 18, 25  
**0/120** **Dates:** Thurs, Mar 4, 11, 18, 25, Apr 1, 8  
**0/121** **Dates:** Thurs, Apr 22, 29, May 6, 13, 20, 27  
**Time:** 7:30 - 8:45 pm  
**Instr:** Lindsay Chapman  
**Fee:** \$79 for 6 weeks  
**Place:** Wooster HS

## Beginning Belly Dancing

How do they do that? If this is a question you have asked yourself after watching Middle Eastern dancers, you can come and find out! Beginning Belly Dancing teaches the basic movement isolations and movement combinations that make this a unique and beautiful dance. Come to class ready to sweat and have fun while learning a dance with ancient roots and modern appeal.

**0/122** **Dates:** Weds, Jan 27, Feb 3, 10, 17, 24, Mar 3, 10  
**0/123** **Dates:** Weds, Mar 17, 24, 31, Apr 7, (no class Apr 14), 21, 28, May 5  
**Time:** 5:30 - 6:45 pm  
**Instr:** Mary Crawley  
**Fee:** \$72 for 7 weeks  
**Place:** Damonte Ranch HS

# [ Fun, Fitness & Health ]

## Continuing/Conditioning Belly Dancing

*(Prerequisite - Beginning Belly Dancing)*

The continuing/conditioning class will focus on drilling, layering, combos and using props such as zills (finger cymbals) and balancing.

**0/124 Dates:** Weds, Jan 27, Feb 3, 10, 17, 24, Mar 3, 10

**0/125 Dates:** Weds, Mar 17, 24, 31, Apr 7, (no class Apr 14), 21, 28, May 5

**Time:** 6:45 - 8 pm

**Instr:** Mary Crawley

**Fee:** \$72 for 7 weeks

**Place:** Damonte Ranch HS

## Urban Walking to Maximize Your Workout

*¡Se habla español!*

Learn how to Nordic Walk with Nordic Walking Poles and make your regular walking workout up to 40% more effective. You can strengthen your upper body, reduce stress on the joints and burn up to 40% more calories than associated with normal walking. Incorporate this technique in your hiking as well. Appropriate for all fitness levels. Meet the instructor at the Huffaker Elementary School parking lot. Bring your own Nordic Walking poles or use those provided by the instructor for a \$7 fee. Student who complete the course can purchase the poles at a 20% discount.

*Please call 353-5780 prior to registering if you have special physical limitations or conditions. For more info on Nordic Walking, email [renonordicwalking@gmail.com](mailto:renonordicwalking@gmail.com).*

**0/126 Date:** Sat, Apr 24

**Time:** 9 am - noon

**Instr:** Marti Kernecker

**Fee:** \$39

**Place:** Meet in the Huffaker ES parking lot

## Nordic Walking Exploration

*(Prerequisite – Urban Walking or Nordic Walking Introduction)*

*¡Se habla español!*

Use your newly acquired skills as you explore trails in and around Reno, while perfecting your technique. Bring your own Nordic Walking poles or use those provided by the instructor for \$3 per class. *Please call 353-5780 prior to registering if you have any special physical limitations or conditions. For more information on Nordic Walking, email [renonordicwalking@gmail.com](mailto:renonordicwalking@gmail.com).*

**0/127 Dates:** Mons, May 3, 10, 17, 24

**Time:** 5:45 - 6:50 pm

**Instr:** Marti Kernecker

**Fee:** \$49 for 4 weeks

**Place:** First meeting at Rancho San Rafael Park Labyrinth, subsequent locations to be announced

## Yoga at Swope Middle School

In this class you will be given the opportunity to start and build on a strong foundation in yoga. Learn the basics in breathing, yoga poses, and alignment in a completely comfortable and non-competitive environment. Develop the tools needed to create more strength, balance and flexibility in your body and in your life. Gain peace, joy and clarity. Students must bring a yoga mat. *Call 353-5780 prior to registering if you have any special physical limitations or conditions.*

**0/128 Dates:** Tues, Jan 19, 26, Feb 2, 9, 16, 23

**0/129 Dates:** Tues, Mar 2, 9, 16, 23, 30, Apr 6

**0/130 Dates:** Tues, Apr 20, 27, May 4, 11, 18, 25

**Time:** 6 - 7 pm

**Instr:** Gina MacLellan

**Fee:** \$79 for 6 weeks

**Place:** Swope MS

## Adult Group Golf Lessons

These adult group golf lessons are taught by Don Krivanek, an instructor with more than 40 years experience. This class will cover the golf swing, rules and etiquette. The goal is to prepare the beginning golfer for playing at least a Par Three course and give the experienced golfer more practice and pointers to improve his or her golf game. *Golf clubs provided during class. A \$35 material and lab fee is payable to Bunker Golf on the first day of class.*

**0/131 Dates:** Tues, Mar 30, Apr 6, 13, 20, 27, May 4

**0/132 Dates:** Tues, May 11, 18, 25, Jun 1, 8, 15

**Time:** 6:15 - 7:15 pm

**Instr:** Don Krivanek

**Fee:** \$100 for 6 weeks

**Place:** Bunker Indoor Golf and Sierra Bay Aqua Range

## Weightlifting for Women

This class uses a positive approach to women's health and fitness. The goals are to increase functional strength, bone density and confidence. Each student will practice full body movements and exercises within their abilities. The course is taught by a USA Weightlifting Certified Coach. Please wear sweatpants or shorts and a T-shirt. If you have any special physical conditions or limitations, please call 353-5780 prior to registering.

**0/133 Dates:** Weds, Feb 3 - Mar 10

**Time:** 6:30 - 8 pm

**Instr:** Dick Halminiak

**Fee:** \$79 for 6 weeks

**Place:** Picollo School

## Beginning Ballroom and Social Dance

You do not have to dance like a star to feel like one. Learn to be more relaxed and confident in any social situation. We'll learn Foxtrot, Waltz, Rumba, East Coast Swing, Tango and more. This session enhances understanding and application of dance concepts, lead/follow, music interpretation, creative expression and partnership. Experience the benefits of dance while having fun. Having a dance partner is highly recommended. Please wear comfortable shoes that do not scuff floors.

**0/134 Dates:** Mons, Mar 1, 8, 15, 22, 29, Apr 5

**Time:** 7 - 8 pm

**Instr:** Barbara Vaughan

**Fee:** \$49 for 6 weeks

**Place:** Mitchell ES

## Continuing Ballroom and Social Dance

*(Prerequisite – Beginning Ballroom and Social Dance)*

Continue the fun with your ballroom dancing while polishing individual styles, lead and follow. We'll practice Foxtrot, Waltz, Rumba, a variety of swings, some Salsa and more. Brush up on specific dances and achieve personal goals while learning to dance with almost anyone. This class focuses on more dances and advanced movements in dances previously introduced. The emphasis on technical aspects serves to create more amalgamated movements along with specialized patterns in each dance. Spontaneous choreography will be key to this session and the development of a greater understanding and love of each dance. *Having a dance partner is highly recommended.*

# [ Fun & Fitness / Kids & Parents ]

**0/135** **Dates:** Mons, Mar 1, 8, 15, 22, 29, Apr 5  
**Time:** 8 - 9 pm  
**Instr:** Barbara Vaughan  
**Fee:** \$49 for 6 weeks  
**Place:** Damonte HS

## Country Line Dance

Come experience the many benefits of dance. Included are social ease, exercise/health (light aerobic work-out), increased self-confidence, sense of achievement, relaxation/stress relief, grace, poise, and more. We'll learn the Boot-Scoot-Boogie, Slap Leather, Electric Slide, Tosh Push and more. New dances include Black Velvet, Cowboy Waltz and others. Join the fun, meet new friends, and share in the enjoyment of dance. *No partner necessary. Please wear comfortable shoes that do not scuff floors.*

**0/136** **Dates:** Weds, Mar 3, 10, 17, 24, 31, Apr 7  
**Time:** 7 - 8 pm  
**Instr:** Barbara Vaughan  
**Fee:** \$49 for 6 weeks  
**Place:** Billingshurst MS

## Country and Social Dance

Learn Country Swing, Two-Step, Country Waltz, Cotton-Eyed-Joe, and more. This class is open to adults of all ages and levels. Students will learn the basics of couple dance while developing more confidence and comfort in any social situation. This session enhances the application of dance concepts, lead/follow, music interpretation, as well as creative expression, and partnership. *No partner necessary. Please wear comfortable shoes that do not scuff floors.*

**0/137** **Dates:** Weds, Mar 3, 10, 17, 24, 31, Apr 7  
**Time:** 8 - 9 pm  
**Instr:** Barbara Vaughan  
**Fee:** \$49 for 6 weeks  
**Place:** Billingshurst MS

### ARE YOU 65 OR OLDER?

If so, you get a 15% discount on Community Ed classes.

Please call our office at 353-5781 BEFORE registering for classes to receive this special discount.

## Generations: Spanish for Parents & Children

### CHILDREN NEED TO KNOW HOW TO READ & WRITE

*Note: When registering, please use parent's name.*

This is a beginning Spanish course for children and their parents. Both generations will have fun learning basic vocabulary, pronunciation and comprehension while also learning about Spanish culture. Through singing, games and role-playing, parents will be amazed at how quickly their children learn while picking up a new language themselves. The instructor, Myriam Leon, is a native speaker with extensive experience in education.

**0/138** **Dates:** Tues & Thurs, Mar 2, 4, 9, 11, 16, 18, 23, 25, 30, Apr 1  
**Time:** 6 - 7:30 pm  
**Instr:** Miriam Leon  
**Fee:** \$139 for parent and child (10 classes)  
**Place:** Hunsberger ES

## Parent & Child Sushi Making

### FOR PARENTS AND KIDS AGES 6 AND UP

*Note: When registering, please use parent's name.*

The whole family can enjoy preparing and eating sushi rolls with vegetables, California Rolls, Florida Rolls, Manhattan Rolls and party sushi. You'll also learn tips on how to make the perfect sushi rice and practice the art of rolling sushi with straw mats. Green tea will be served. *(No cancellations or refunds for Sushi classes.) Food supplies fee: \$18 for one parent and child, \$12 for each additional child. Please ask for materials list when registering.*

**0/139** **Date:** Wed, Feb 3  
**Time:** 6 - 8:30 pm  
**Instr:** Caroline Kimmel  
**Fee:** \$29 for one parent and child  
**Place:** Wooster HS

**0/140** **Date:** Wed, May 12  
**Time:** 6 - 8:30 pm  
**Instr:** Caroline Kimmel  
**Fee:** \$29 for one parent and child  
**Place:** McQueen HS

## Parent & Child Easter Treats

### FOR PARENTS AND KIDS AGES 6 AND UP

Join our mother/daughter team for a night of Easter baking fun! Make home-made choco-

late peanut butter eggs, carrot cupcakes, and other fun Easter treats. Spending time making holiday treats is a great way to make fun holiday memories for both you and your child. One parent per child is preferred. **Material fee is \$20 per pair. To register more than one child per parent please call 353-5780 prior to registering.**

**0/141** **Date:** Thurs, Mar 25  
**Time:** 6 - 8:30 pm  
**Instr:** Pam Nielson & Alisha Nielson-Twitchell  
**Fee:** \$36  
**Place:** Dilworth MS

## Parent & Child Acting Classes with KidScape Productions

### Success Through the Fun of Improvisation!

**PARENTS WITH CHILDREN IN GRADES K-6** KidScape Productions acting program focuses on confidence, communication and presentation skills for all ages. Through a welcoming, hands-on environment, this 6-week improvisational program will take you and your child through a professional acting workshop. You will have a valuable opportunity to build and strengthen important life skills with your child while learning new techniques on the fun of communication. *For more information on what KidScape Productions is all about, go to [www.KidScapeProductions.com](http://www.KidScapeProductions.com) or call 787-3900. Material fee \$25.*

**0/142** **Dates:** Weds, Mar 17, 24, 31, Apr 7, (no class Apr 14), 21, 28  
**Time:** 6 - 7 pm  
**Instr:** Marissa Filippis of KidScape Productions  
**Fee:** \$89 for parent and child (please register using parent's name) *(\$25 material fee payable to KidScape on the first day of class)*  
**Place:** Gomm ES

## Hula Dancing for Parent & Child

### AGES 5 AND UP (please use parent's name when registering)

Students will begin by learning basic hula movements and imitating the dance instructor. As you progress, you will learn the Hawaiian terms for hula steps and dance to your own interpretations to the music. Carmen Baleme, the hula instructor, has been dancing hula since she was 12 and teaching hula dance and Polynesian culture since 1988. *Please wear loose fitting clothes or a wrap around skirt or*



# [ Kids & Parents / Classes For Kids ]

*grass skirt if you have one. The last class will be a luau party with Hawaiian food and a performance.*

**0/143** **Dates:** Mons, Feb 1, 8, (no class Feb 15), 22, Mar 1, 8, 15, 22, 29  
**Time:** 6:30 - 7:30 pm  
**Instr:** Carmen Baleme  
**Fee:** \$79 for 8 weeks for parent and child  
**Place:** Moss ES

## Parent/Child Swim Classes at Picollo School

Our swim classes at Picollo are a great way to introduce your child to water safety and move them through the stages of swimming. Each class is tailored to children of different skill levels. Please see below for the levels that are available. Requirements for each class must be met or the student will not be allowed to continue in those lessons for their own safety.

### Jelly Bellies

*Note: When registering, please use child's name.*

The goal of this class is to teach your child how to close the mouth and hold the breath with the face in the water, as well as basic survival floating skills. Parents are guided by the instructor in methods that are tailored to each child's skill level. Unskilled children of all ages (min. 6 months) may enroll. **Parent must remain in the water with the child at all times. One parent per child is required. Reusable CLOTH SWIM diapers with or without plastic pants MUST be worn by every child still in potty training. Disposable diapers (swimmers) are not a substitute for a reusable swim diaper, but may be worn underneath if desired. The instructor will have some reusable CLOTH SWIM diapers for sale at class.**

**0/144** **Dates:** Tues & Thurs, Apr 20, 22, 27, 29, May 4, 6, 11, 13  
**Times:** 5 - 5:30 pm

**0/145** **Dates:** Mons & Weds, May 17, 19, 24, 26, (no class May 31), June 2, 7, 9, 14  
**Times:** 6 - 6:30 pm

**0/146** **Dates:** Tues & Thurs, May 18, 20, 25, 27, June 1, 3, 8, 10  
**Times:** 5 - 5:30 pm  
**Instr:** Christy Malone  
**Fee:** \$76  
**Place:** Picollo School

## Sea Monkeys

*Note: When registering, please use child's name.*

Child must have taken Jelly Bellies or demonstrate at the first class the ability to hold breath underwater and float unassisted. Focus will be on learning swim skills and how to flip onto back to get a breath. There will be a skills test on the first night to ensure your child is in the best class. **Parent must remain in the water with the student at all times. One parent per child is required.**

**0/147** **Dates:** Mons & Weds, Apr 19, 21, 26, 28, May 3, 5, 10, 12

**Times:** 5 - 5:30 pm

**0/148** **Dates:** Tues & Thurs, Apr 20, 22, 27, 29, May 4, 6, 11, 13

**Times:** 6 - 6:30 pm

**0/150** **Dates:** Mons & Weds, May 17, 19, 24, 26, (no class May 31), June 2, 7, 9, 14

**Times:** 5 - 5:30 pm

**Instr:** Christy Malone

**Fee:** \$76

**Place:** Picollo School

## Diving Dolphins

*Note: When registering, please use child's name.*

This class is for experienced swimmers only. Focus is on improving stroke skills, learning to dive and improve breath control and side breathe. Swim test will happen on the first night to ensure your student is in the correct class. The test will consist of basic breath holding, floating unassisted, and swimming to a target which they must pass to remain in the class. **Parent must remain in the water with the student at all times. One parent per child is required.**

**0/151** **Dates:** Mons & Weds, Apr 19, 21, 26, 28, May 3, 5, 10, 12

**Times:** 6 - 6:30 pm

**0/152** **Dates:** Tues & Thurs, May 18, 20, 25, 27, June 1, 3, 8, 10

**Times:** 6 - 6:30 pm

**Instr:** Christy Malone

**Fee:** \$76

**Place:** Picollo School

## Bridge the Golf Gap

**ATTENTION ALL BOYS AND GIRLS**

**AGE 8-14**

These golf lessons will teach the basic golf stance, swing and etiquette. Each week students will "virtually" play a different course. Sign up early and bring a friend. Golf clubs will be provided for use every class meeting. Included in the class fee is a club the students can take home! They will be measured and will get either a putter or a 7 iron.

**0/153** **Dates:** Sats, Jan 23, 30, Feb 6, 13, 20, 27, Mar 6, 13

**Time:** 9 - 10 am

**Instr:** Wayne Williams

**Fee:** \$118 for 8 classes and a club

**Place:** Bunker Indoor Golf - Sport, Grand Sierra Resort

## Volleyball Camp for Girls

This camp is designed for girls in grades 7 and 8 who want to learn and improve their volleyball skills. Students will learn and practice these skills and play games to help them get ready to play at the middle school level. Please bring a snack and drinks (preferably water) on Friday and lunch on Saturday. Wear athletic shoes and attire and bring knee pads if you have them.

**0/154** **GIRLS IN GRADE 7**

**Dates/Times:** Fri, Feb 5, 3 - 7 pm & Sat, Feb 6, 9 am - 2 pm

**0/155** **GIRLS IN GRADE 8**

**Dates/Times:** Fri, Feb 19, 3 - 7 pm & Sat, Feb 20, 9 am - 2 pm

**Instr:** Susan Marin

**Fee:** \$69

**Place:** Reno HS (small gym) max 30

## Kenpo Karate

For girls and boys in kindergarten through high school Martial Arts can be a positive way to help your child learn discipline while having fun! Community Education is proud to offer after school Kenpo Karate with Sam Brown. He has been teaching these classes and training Marital Arts instructors for more than 25 years. The classes are twice a week for an hour in the early evening. Please keep an eye out for fliers at your child's school or call Community Education at **353-5781** for more details.



# [ Classes For Kids / Camps For Kids ]

## KIDS IN THE KITCHEN CLASSES

Join the Kids in the Kitchen cooking classes and learn how to create your own meals and snacks! In these hands-on classes you will prepare food from recipes, eat your own creations or take them home to share with your family. You will learn cooking safety tips and techniques that will help you become a knowledgeable cook. Look for fliers with all the dates, themes and details at your child's school or call 353-5780.

**Fee for each four-week session: \$59**

*And there is a \$25 material fee payable to the instructor at the beginning of each four-week session to cover the cost of all food and supplies.*

## Wheatley Taekwon-Do Academy

If you are looking for a way for your child to improve concentration, increase discipline, build confidence, develop respect, learn self-defense and become a leader, then this is a great opportunity for your child! Robert Wheatley is the president of the International Taekwon-Do Federation in the United States. Please look in your child's take-home packet for fliers! These classes are held on Wednesdays at Hunsberger Elementary School. For detailed information, call 826-2355.

## SPRING BREAK and SUMMER ACTING CAMPS with Kidscape Productions

### Improvitational Acting GIRLS & BOYS AGES 8 & UP

These week-long acting camps will take participants through the process of what it is like to be a professional improvisational actor. Students are learning from a curriculum created at Juilliard in NYC and the Yale School of Drama. Students will strengthen important skills such as self esteem, self confidence and presentation skills. People who are confident and articulate are better equipped to develop successful relationships throughout their life. KidScape Production classes help participants have complete trust in their abilities through engaging repetition and hands-on fun! Beginner to intermediate – repeat students encouraged to attend. Performance on the final day. **Material fee \$30.**

- 0/156** **Dates:** Mon - Fri, Apr 12 - 16  
**Time:** 11 am - 3 pm  
**Instr:** Marissa Filippis & Christiana Frank of KidScape Productions  
**Fee:** \$110  
**Place:** Damonte Ranch HS
- 0/157** **Dates:** Mon - Fri, July 12 - 16  
**Time:** 11 am - 3 pm  
**Instr:** Marissa Filippis & Michelle MacKay of KidScape Productions  
**Fee:** \$110  
**Place:** Damonte Ranch HS

### Scene Study Acting Camp GIRLS & BOYS AGES 8 & UP

Through method acting, sense memory and memorization work, students will work on character development, scene analysis and sharpen self awareness. This class ends in a performance. Repeat students encouraged to attend. **Material fee \$30.**

- 0/158** **Dates:** Mon - Fri, Aug 9 - 13  
**Time:** 11 am - 3 pm  
**Instr:** Marissa Filippis & Christiana Frank of KidScape Productions  
**Fee:** \$110  
**Place:** Reno HS

Go to **www.KidScapeProductions.com** or call **787-3900** for more information.

### Ken Fujii's 29th Annual Basketball Score Camp BOYS & GIRLS, AGES 7 - 15

For 29 years Ken Fujii and his assistants have been coaching summer basketball. These camps are designed to help students with their offensive game. The emphasis is on ball handling, dribbling, shooting and offensive moves. Students will learn how to shoot from the inside and outside while standing still and on the move, and dribbling, rebounding and how to handle the ball in a variety of ways. Bring drinks, lunch and healthy snacks each day. Sandwiches and pizza are available for purchase at camp. Students will be supervised during lunch and dinner breaks.

- 0/159** **Dates:** Mon - Fri, June 14 - 18  
**0/160** **Dates:** Mon - Fri, June 21 - 25  
**Times:** 9 am - Noon, instruction;  
Noon - 1 pm, lunch; 1 - 2:30 pm, instruction  
**Games:** 3 - 5 pm (except Fridays)  
**Fee:** \$190 includes camp T-shirt, basketball and award  
**Location:** Hug High School

### Volleyball Camp at Reed HS GIRLS ENTERING GRADES 6 - 10

This camp teaches the fundamentals of volleyball. The basics as well as game and play strategies will be practiced. The serve, the score and the presentation are all covered in a way that is fun and energetic. Please wear indoor shoes and volleyball knee pads.

- 0/161** **Dates:** Mon - Thurs, Aug 2 - 5  
**Times:** 9 am - 1 pm  
**Instr:** Kristen Flagtvedt  
**Fee:** \$125  
**Location:** Reed High School

### Quick Handle Summer Basketball Camp

#### BOYS & GIRLS, ENTERING GRADES 1 - 12

Join Coach Wayne Mendezona and Principal Ken Cervantes for Quick Handle Camp. Players will learn basketball skills that will elevate their game to the next level. Specifically, single-handed ball control, quick-trigger shooting techniques, offensive moves off the dribble, defense, and full court play. Sign up now if your student is a beginner, advanced player or just enjoys playing basketball in a positive, safe atmosphere.

- 0/162** **Dates:** Mon - Fri, July 5 - 9  
**Times:** 9 am - 3:30 pm  
**Fee:** \$180 includes camp T-shirt, work-out packet & personal evaluation  
**Location:** Billingshurst Middle School

### The Wonderful World of Clay AGES 9 - 17

Play in the clay all afternoon! Students will learn how to "throw" on the pottery wheel, hand-build bowls and vases, and much, much more! Students will learn how to glaze their ceramic pieces before they bring them home. Walking field trips to the Truckee River and Nevada Museum of Art will be included. In addition, students will learn many new and exciting ways to play with polymer clay. Come prepared to get messy and have a blast! **Bring drinks and a healthy snack for the afternoon and hats and sunscreen for the fieldtrips. A \$50 material fee is payable to the instructor the first day of class.**

- 0/163** **Dates:** Mon - Fri, June 21 - 25  
**0/164** **Dates:** Mon - Fri, July 19 - 23  
**Time:** 12:30 - 5:30 pm  
**Instr:** Lauren Gandolfo  
**Fee:** \$140  
**Location:** Reno High School